

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 19/04/2021

### Times for Saturday 19 October



Time	Session	Facility	Instructor
09:00 - 09:45	Spinning	Fitness Class Studio	Alison R
10:15 - 11:00	Kettlebells	Fitness Class Studio	Alison R